

Experience Building: Career Treks

How do you get a job in Canada when you've never had working experience? How do you get on-the-job experience when most entry-level jobs call for at least a year of experience in a related role? One great way to build not only your resume but also your experience and professional skills is to get yourself involved with experience-building opportunities.

What is a career trek?

Career treks are short-term, unpaid opportunities that can provide valuable experiences that show you what it's like to work in a particular industry. Through a career trek, you get to work with a local company to provide project support, gain valuable workplace experience, receive mentorship and learn about a local industry.

Benefits of career treks

Gaining experience is about more than just filling up your resume. It's also about getting to know the job market, developing important professional skills, and getting involved through community engagement and building connections. Here are some benefits of getting yourself involved in a career trek.

- Develop important professional skills, such as critical thinking, writing, research, teamwork, planning and presenting.
- Get involved through community engagement.
- Learn how to build connections and network.
- Get involved in project-based experience in the workplace.
- Experience real professional challenges.

Career trek categories

- Market validation
- Website redesign
- Business strategy
- Arts and creative
- Market research
- Data analysis
- Production

Accessing Career Treks

- Log in to OSCARplus using your MacID.
- Select "Student Success Centre" from the left panel.
- Select "Volunteer & Experience Building" from the drop-down menu.
- Select "Postings."
- Select "Search Opportunities."
- Check "Career Trek" under "Position Type."

